IN THE CLAIMS:

1. (Currently Amended) An adjustable mounting for hanging an object on a wall comprising:

a generally disc shaped mounting element having a circumferential perimeter and a generally planar back surface;

passing through a hole in said mounting element and into said wall and adapted to be rotated to be advanced into said wall and tightened against said mounting element to press said mounting element back surface against a surface of said wall to a selective degree to create a sufficient frictional force acting between said surface of said wall and said back surface of said mounting element to prevent rotation of said mounting element about said fastener or to be selectively loosened to allow rotation of said mounting element on said fastener while said mounting element back surface is held in a position against said wall surface by said fastener;

a circumferentially extending engagement feature on said mounting element perimeter engageable at points about its circumference with a hanging support attached to said object hanging to be mounted thereon, said feature located eccentrically with respect to said hole and said threaded fastener so as to be shifted vertically when said mounting element is rotated about said threaded fastener;

said mounting element <u>freely</u> rotatable on about said threaded fastener when positioned thereby against said wall surface with said fastener loosened sufficiently to reduce said frictional force acting between said surface of said wall and said mounting element <u>back</u> surface to thereby shift a point of engagement between said engagement feature and said hanging support along the circumference of said feature and to thereby vertically shift said point of

engagement of said feature with said hanging support to a desired vertical position height on said wall, said mounting element thereafter able to be frictionally held against said wall surface in said desired vertical position to be nonrotatable upon by lightening of said threaded fastener against said mounting element to create said frictional force acting between said mounting element back surface and said wall surface sufficient to prevent rotation of said mounting element on said fastener with said object held thereon by said hanging support.

2. (Previously Amended) The mounting according to claim 1 wherein said engagement feature comprises a bottom of a groove extending around said perimeter of said mounting element.

3. (Cancelled)

4. (Previous Amended) The mounting according to claim 2 wherein said groove is defined by two series of teeth arranged about said perimeter lying on either side of said mounting element.

- 5. (Previously Amended) The mounting according to claim 4 herein each of said series of teeth are flared outwardly away from each other to define said groove.
- 6. (Original) The mounting according to claim 5 wherein said teeth in each series are offset from each other.
- 7. (Previously Amended) The mounting according to claim 6 wherein a surface extends between each of said series of teeth, defining the bottom of said groove.
- 8. (Previously Amended) The mounting according to claim 7 wherein said groove surface is stepped, being further out radially adjacent one set of teeth relative to the second set of teeth.
- 9. (Previously Amended) The mounting according to claim 2 wherein said groove has continuous flared sides extending about said perimeter of said mounting element.
- 10. (Previously Amended) The mounting according to claim 1 wherein said threaded fastener is received in an anchor seated in said wall, and further including a counterbore at each end of said hole, one counterbore receiving a head of said threaded fastener the other counterbore receiving a flange on said anchor.

11. (Withdrawn) A method of adjustably mounting wall hanging to a wall comprising the steps of securing a mounting element to a wall by a fastener passed through a hole in said element;

rotating said element about said fastener as necessary to a selected position where an engagement feature of said element located eccentrically to said hole is positioned at a corresponding desired height for support of said wall hanging and thereafter tightening said fastener to prevent further rotation of said element;

and engaging said feature with a support fixed to said wall hanging to mount said wall hanging thereon.

12. (Withdrawn) The method according to claim 11 wherein said step of engaging said engagement feature includes the step of engaging a top of a perimeter portion of said element without an annular space extending around the perimeter of said disc with said wall hanging support.